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A faint, light-colored watermark of a classical building with four columns and a triangular pediment is visible in the background.

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A N
E S S A Y
ON THE
M E T H O D
Of Acquiring
Knowledge in PHYSICK.

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AN
ESSAY
ON THE
METHOD
Of Acquiring
Knowledge in PHYSICK.

By *WILLIAM GRÆME, M. D.*



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M DCC XXIX.



A N

E S S A Y

ON THE

METHOD of *acquiring Knowledge* in PHYSICK.

IN an Essay on the Method of acquiring Knowledge in Physick, no doubt some Improvement on that Method will be expected to be aimed at: This therefore may seem a very extraordinary Performance, in a Country where that Profession has so long held a considerable Rank, and proved of so great Advantage to the Professors of it; and where, undoubtedly, it must be supposed, no Care has been wanting to improve the Art in every Particular. But yet, if, upon a fair Examination, it shall appear, that there is something very Essential wanting in *England*, to compleat the Education of Physicians, which it is hard to supply, without taking a Voyage beyond the Seas; an Attempt to rectify that Matter, can deserve no Censure. And although it be al-

lowed, that some great Men, with infinite Labour, have got the Better of whatever Difficulties they have met with, and come to shine in their Profession, although at first destitute of some very necessary Helps, by which others have been assisted ; yet they themselves know too well what Pains it cost them, and the Time they lost, before they could fall on any Way to make their Studies easy ; and therefore, out of meer Humanity, will not grudge, that those who come after them should be eased of some Part of the Fatigue which they underwent.

The last Year I published at *London*, a Proposal to teach the Theory and Practice of Physick, in a Course of Lectures : Now the various Representations, that I understand, have been made of that Affair, make it necessary to say something of it, as well in Justice to my own Character, as to the Undertaking it self, which, if tolerably well executed, may yet prove of considerable Benefit to the Nation.

I shall in this Discourse endeavour to shew, *First*, That Physick is a Science that may be taught by a Master.

Secondly, That the best Way of learning it, is to begin by hearing a regular System of it delivered.

I shall *Thirdly*, consider some Objections that either have been, or may be made, to my particular Undertaking.

Then

Then *Fourthly*, give some further Account of it.

And *Lastly*, point out what reasonable Advantages may be expected from it.

As to the first Particular, I know it is asserted by some, that Physick is only to be learned by attending the Sick, and making Observations on the Course of their Diseases: And that therefore all other pretended Methods of teaching it, are no more than an Imposition. I easily grant, that to attend the Sick, and make Observations, is the true Way to render a Physician perfect; but can by no Means allow, that he is to draw all his Knowledge from that Fountain: And this I believe will appear reasonable, whether we consider Physick as a Science, founded upon such Principles as can be demonstrated; or only as an Art of acting right on such and such particular Occasions, acquired and deduced from a Chain of Experiments. If the Principles on which the Art depends, are capable of Demonstration, it will not be disputed, but that it is highly requisite to be informed of what they are; and to say that such Information can be got without any Assistance, only by looking upon Diseases, is much the same as to assert, that one may become an accurate Astronomer, only by gazing at the Stars for some Years, without ever enquiring into what Advances the learned World has already made in that Science.

Science. But on the other Hand, let us grant for once, that we know nothing of Physick, but what is entirely owing to Experience, and that all our Reasoning serves for nothing but a pretty Amusement: Yet if we be allowed to profit by the Experiments of others, as well as our own, it will still follow, that it is proper we should know what Experiments have been made; and this will imply something to be learned previously to our attending the Sick. The Life of one Man is but short, and can by no manner of Means be allowed sufficient to make a suitable Number, either of Observations or Experiments, to found his Practice upon, if we suppose him entirely ignorant when he begins to make them; for this would infer, that the Art might have arrived to the same Degree of Perfection, even in its Infancy, which it has at present; if we only allow, that there were then Men in the World practising it, who were as careful, as judicious, and as long lived as ourselves: But surely, that it did then attain such Perfection, will not so much as be alledged by any one, who has in the least dipp'd into the History of Physick; for it is well known, by what slow Degrees any Improvement was made in it, and what Care was taken to preserve the Memory of all Experiments that were made, whether the Event was good or bad; till at length from the Observation of many Ages,

and the Labour of an infinite Number, not only of single Physicians, but of whole Families, who for many Generations applied themselves to the Profession, and of Schools erected for the Improvement of it, there was a Body of Physick compiled, handed down to us by the Divine *Hippocrates*, including certain Marks, how to distinguish the Cases that had occurred, and a just Relation of the Methods that were used for their Cure, with a faithful Account of their Success, and many general Rules, absolutely necessary for Practice, deduced from these. Now that it is necessary to understand this Body of Physick, before one begins to practise, needs only to be mentioned, that it may be assented to.

I am afraid I have insisted too long upon this Point, since it is obvious that no regular Physician could assert, that Physick is attainable in no Way, but by attending the Sick ; and it being needless on such a Subject, to mind the Opinions of others ; I say, this could be advanced by none of the Faculty, for two Reasons. *First*, every one of them knows, if they reflect a little (which we must certainly suppose that they do) that as to their own Practice, there is very little of it the Result of their own particular Experience : They must remember, that they early learned some how or other, to know when it was proper to purge with *Senna*, to vomit with *Ipecacuana*,

cacuana, to apply a Blister, or administer a Cordial Julep ; and that their first Method serves them very well, without much Alteration, *Secondly*, this could not come from the Faculty, because it carries with it a vile Insinuation, that without any Regard to Study, those who have been longest used to see sick People, must be the best Physicians, and this gives the Preference fairly to another Set of Men ; I mean the Apothecaries (who commonly begin to see Patients much sooner than the Physicians do) so that I am sorry it should have entered into any body's Head to have mentioned it. But to dismiss this frivolous Argument, If we consider Physick as partly a Science grounded upon a very reasonable Foundation, which can be denied by no one who is apprized of the Improvement it has received, from Discoveries and Demonstrations in Anatomy, Chemistry, Mechanicks, and Physicks ; and partly as an Art of acting resulting from a Number of Experiments, faithfully made and recorded, which are capable of being digested into a certain Order, and so rendered much more useful than they could be otherwise : I say, from both Considerations, it is obvious, that it is necessary some Person should instruct a young Beginner in the Profession, and that he be not entirely left to work out his Knowledge from Experiments of his own making ; which Experiments, especially at the Beginning of his Practice,

perhaps

perhaps might not very well suit the Conveniency of his Patients.

If Physick then is to be taught, I go to what I proposed, *Secondly*, to shew that the best Way of learning it, is to begin with hearing a regular System delivered. To do this, it will be necessary to remove some Objections that may be made. I conceive the Principal are these, that *First*, it may be learned in another Manner ; and *Secondly*, that this Method is attended with Inconveniencies. It is by some loudly affirmed, that the only Way to give Instructions in Physick, is to carry the Student to the Patient's Bed-side, and there shew him the Disease, and the Practice. But this Student must either have a considerable Knowledge in Physick already, or he must not ; if he has it, then he has studied before, and therefore does not begin here ; if he has it not, I assert he cannot be the better for what he sees, but rather the worse. The better he cannot be, for it is impossible that he should either know the Nature of the Disease, or the Reasons of prescribing. The worse he may well be, because he may imagine he has got some Knowledge, which may lead him to repeat the same Practice, in a Case which he may believe the same, and yet is widely different. If it be alledged that the Doctor, whose Practice he attends, may inform him of the Disease, and of the Reasons of his Prescription ; I answer,

It is not in that Doctor's Power to make himself understood, to one entirely ignorant of the Profession. An Example I believe will clear this Matter best : Let us suppose a Patient in a *Faundice*, and that the Doctor goes about to explain that Disease, and his Intentions of Cure, to his Pupil ; I shall suppose that he tells him that this Yellowness of the Skin proceeds from the Bile being mixed with the Mass of Blood, and that from the same Bile, thus out of its proper Place, proceed the other Symptoms ; the young Gentleman can have no right Idea of this, until he understands what is meant by the Bile, what is its natural Place, how it comes to be anywhere else, how its being there, occasions such Symptoms ; and *Lastly*, how the Medicines ordered, are supposed to remove them : Really if the Doctor stays to inform him of all these Particulars, he will find it will take the same Time, as to give him a regular System of the Theory of Physick ; for truly every Part of it is so connected with another, that it is impossible any one Part can be throughly understood, without the Knowledge of the rest ; and that the Patient's Bed-side is not a convenient Place for such a System to be taught in, will be readily granted. It may be here argued, that I have supposed a theoretical Explanation of the Disease necessary, which does not appear to be so, and that in the Case before us, the Student may be sufficiently satisfied,

fied, as to Practice, to know that this Yellowness of the Skin and other Symptoms, have been observed to be cured by such and such Means. I answer, that so far as Theory only pretends to teach, what is obvious to every diligent Enquirer, about a Disease, and what is not the Result of any philosophical doubtful Notion, but of plain Matters of Fact rightly searched into : Thus far Theory is necessary, and the Knowledge of it indispensable in one, who at this time of Day, would treat the Humane Body. But again, let us suppose it to be of no Use, yet there are two Particulars certainly requisite in Practice. *First*, to know what State the Patient is in, so as to form a Judgment of what the Event of the Distemper is to be, and next to distinguish exactly what Medicines are adapted to that individual Case : Now in the Instance given (and the same Reasoning may be applied to any other Case) before the Student can conceive why the Patient is judged to be either in a good or bad State, he must hear all the Appearances enumerated that have been observed, to distinguish one Species of a *Faundice* from another (and indeed there are a great Number of them) and likewise be informed very faithfully what those Appearances usually end in ; and before he can understand why such Medicines are used, he must be informed of the different Intentions of Cure, that arise not only in every different Species of the

Disease, but also, according to the various Circumstances of any one, and then be instructed how those Intentions are satisfied by such and such Medicines. Now if the Doctor takes Pains to inform his Pupil of so many Particulars, he certainly does well; but undoubtedly it would save a great deal of Trouble to both, that the most of what I have mentioned, had been understood by the Scholar before-hand; for it is much easier both to give and receive Instructions, in a regular Method, than in a random Way, as Accidents happen. Besides, practising Physicians seldom have Leisure enough to go so minutely to Work; and therefore what is to be learned from them, leaves only some general confused Notion. Upon the Whole, I believe it appears plainly enough, that a considerable Knowledge, of even practical Physick, is necessary before one begins to attend the Sick, although under the Direction of a Master. But allow this to be granted, it is yet positively averred by many, that a Professor in Physick is entirely useless, for that the necessary previous Knowledge to Practice, may be acquired by reading of Books. That such Knowledge may possibly be acquired by Reading, I do not absolutely deny: But it is sufficient for what I intended to prove, if it be shewn, that the hearing a regular System brings one to a competent Knowledge much sooner than reading,

reading, and that one reads afterwards to much greater Advantage. Upon the Supposition, that there were a perfect good System to be met with in Print, yet by no Means should the Use of a Master be superseded ; for it is well known, that in all Sciences, Masters render Things plainer and easier than any Book : There is a certain easy and familiar Method of conveying of Things, *viva voce*, of which the necessary Accuracy of a printed Book deprives it ; for here Things can be repeated, put in different Shapes, and inculcated again and again, 'till they are in a manner forced to become intelligible. This is a Truth notorious-ly known to all who have studied any Science, under a Master endued with proper Talents. But again, if we are entirely desti-tute of a good, regular, and full System (which is truly the Case) a Master be-comes absolutely necessary, if we would not subject the young Student to infinite Drudge-ry. If any one goes at present to study by himself, with the Help of Books, the Use of the Parts of the Humane Body, which is perhaps the easiest Part of Phy-sick to be acquired in that Way, he will find so many Inaccuracies in the Descriptions, such different Sentiments founded upon such different Notions, that he will be at the ut-most Loss what to make of any thing ; must waste much Time before he can form a Judg-ment

ment of any Particular, and may very readily be misled by the Author he likes. If he attempts to read practical Authors, he will find such a Variety of Opinions; such a scandalous Number of Falshoods asserted to maintain this or that Opinion, and support such a certain Method of Cure as the Author used; and so many absolute Contradictions, that he will be apt to throw all away, and believe that there is nothing true or solid in the Art: And even suppose that he reads such Authors as are faithful, which indeed are extremely few, he will still want at the Beginning some Guide to help him to distinguish them from the rest of the Herd. Besides, the practical Writings of the best Physicians are generally in such an Order, that it would save much Labour to any one, if by some Means or other he could become pretty well acquainted with the Subject before he reads them. Now if a Master is able to convey to his Pupils a tolerable Notion of the Nature of the Humane Body, of the Diseases it is liable to, and of the best Method of curing them, according to the Observations of the most faithful Authors; these Things when they come to be read of in a diffused and irregular Manner, will be much more agreeable, and better understood, than if they had been entirely new: Besides, there is an Art of beginning with the easiest, and proceeding gradually to what is more difficult, which illustrates Things much better

better than to take them as they commonly lie ; and, as it is a Teacher's Duty to explain the different Opinions of Authors, deliver their Reasons, and candidly shew how far one Opinion is preferable to another, this will serve to form the Judgment of the Students in such a Manner, as that they may proceed safely, and firmly, through an infinite Variety of jarring Notions.

I believe by this Time it is pretty evident, that the other Methods proposed for acquiring Knowledge in Physick, are not quite so good, as that of taking a Master : I am next to consider, what Inconveniences this may be liable to. It may first be alledged, that a Teacher may be as apt to mislead his Pupils, as any printed Book whatever, because he himself may very possibly have erroneous Opinions about many Things : And Secondly, that although no false Notions were to be inculcated, yet that the having the whole Affair of Physick reduced within short Bounds, makes it appear to the Students too easy ; that by this Means they are apt to conceive an Opinion, that they understand the Whole of it, when indeed they have scarcely begun, and that they often acquiesce contentedly in this Knowledge, and seek to proceed no farther.

As to Inconveniences, it is really not in the Nature of Things to get entirely free of them ; and undoubtedly the first here mentioned,

mentioned, may very readily happen, for no Man is infallible. But the granting of this does by no means prove, that there ought not to be a Teacher; for allow that he should have some wrong Notions, yet the Method of considering Things distinctly, and reasoning upon them, which it is his Business to do, will be such a Help to the Understanding, that even the Errors of his Notions may in Time come to be seen through; especially since now nothing is desired to be believed, because it is an Opinion, but because there are such and such Reasons given for it: Besides, as a Teacher must be supposed to compare a great many Books, and to examine all the new Discoveries, there is a Chance, that in most Part of Things he may be tolerably right; and it is certainly much better to have a good universal Notion of the whole Science, granting that some few Errors may creep into it, than to have none at all; and I believe from what has been said, it will appear a very hard Task to acquire such a Notion without a Teacher.

That several young Gentlemen, just come from Universities, where a System of Physick is taught, have believed themselves sufficiently qualified to practise in every Case, and so have never troubled their Heads to go farther, we know from daily Experience: But I can by no Means be induced to believe, that they were any worse for the System; for undoubtedly

undoubtedly such would have indulged their Laziness, whatever Sort of Education they had had ; and probably would never have sought farther, than by reading to have acquired some certain *Routine* to practise by ; and this is much sooner come at, by reading some Dispensatory where Cures for all Diseases are retailed, or by now and then looking at an Apothecary's File, than by hearing any regular Course : For truly the Reasonings, and nice Distinction of Cases, which must be in a Course, if good for any thing, shames any one who has but a tolerable Share of good Sense, out of that stupid Indolence and want of thinking, to which otherwise he may be habituated ; and grant that it is only a Rote that is got from a regular Course, sure it is a much better one, than another taken from some Quackish Receipt Writer. And if we suppose that the Person is to go any farther on with his Studies, it is evident from what is said above, that he will do it to much better Purpose on the one Foundation than on the other. Besides, the hearing in a regular System the good Authors, with their Opinions and Practice mentioned, will be a very great Inducement to search deeper, and improve ; and so rescue many a one from a State of Ignorance, who perhaps had been for ever buried in it.

I have considered, and I hope answered the principal Objections against having Phy-

sick taught in a Systematical Way ; I believe therefore, I need not now insist on proving the Affirmative, that this is the best Way of teaching, since it has already appeared, that it can scarcely be taught in any other Way, at least not without infinite Difficulty : And in this I am supported by the Authority of all Universities, where there are Professors of Physick established (the original Design of which, certainly, was to teach) But more especially by the Authority of such Universities, whose Professors have been obliged to fulfil the Design of their Establishment, who have always chosen this Way to discharge their Trust, as indeed the only one possible. Neither is this any more than what is by universal Consent approved in many other Sciences, where no body disputes the Necessity of a Master ; and it is very hard that Physick should be left to be taken up by such who can best do it, without giving them any Assistance, when, were it necessary to enter into the Comparison, it could absolutely be demonstrated, that it is the hardest of all Sciences to be acquired by one's own Industry without a Teacher.

I proposed in the third Place, to consider some Objections that either have been, or may be made to my particular Undertaking. I apprehend the chief Objections may arise from the following Consideration ; That granting a regular Course of Physick to be ne-

cessary, yet it was not the Business of an unknown Person to attempt any such Thing ; because,

1. There are Professors in that Faculty established in the Universities.

2. There are in *London* several Lectures established, as well as a Profession in *Gresham-College*.

3. There are other Methods taken to instruct Students in Physick, as in the Hospitals, &c.

4. The Person who proposed himself as a Teacher, was a Stranger, not a Member of the College of Physicians, and liable to a Suspicion of not having the necessary Qualifications to execute his Undertaking, on account of his Youth, and want of Experience.

As to the first of these Particulars, I should indeed be very ignorant, if I pretended to say any thing derogatory from the Honour of the *English* Universities, whose Learning is so well known, and so famous all over *Europe* : Every one knows how many fine Gentlemen they have produced, to shine in all Parts of polite Learning ; and that Philosophy has in this Country, of late Years, raised it self to such a Pitch, that it almost seems to have exceeded the Bounds of Humane Capacity. Neither have the *English* Physicians been behind-hand with the Learned in other Faculties : The polite Learning of

the famous *Linacre* will never be forgotten, while the Books of *Galen* are valued, or *Physick* studied: Nor the Knowledge and Merits of *Caius* lost in Oblivion, while his Writings remain in the World, or *Caius-College* to perpetuate his Name. *Willis*, *Wharton*, *Lower*, and some others, shew what Improvements Anatomy, on which depends the true Theory of *Physick*, has received in *England*: But the immortal *Harvey* shines above the Physicians of all Countries; he, by his noble Discovery, overturned all the impertinent *Galimatia*, that had so long been received as Theory, and Reasoning in *Physick*, and laid down a sure and lasting Foundation for the Science: He was not exempted from the common Fate of the first Discoverers of Truth: He was attacked with Passion and Rancour from several Corners; but he had this particular Advantage, that he lived to see all his Enemies ashamed of having opposed him; so strong, firm, and satisfying were his Demonstrations: And although there are some Appearances of the Circulation of the Blood being understood before his Time, in the Writings of the unfortunate *Michael Servetus*, and of a few more modern Authors (it being evident that what looks that Way in the Antients is all said by Accident, without meaning what we now know to be true) yet as *Harvey*, from a Chain of good Arguments, proved the Manner of its circulating

lating through every Part of the Body, beyond all Possibility of Dispute, and made so very good Use of his Discoveries; to him the World justly ascribes the Honour of the Invention: And in his Claim to that, he is nobly supported by the elegant Doctor *Pitcairne*. So long then as it is known to the Learned, that the vital Stream flows rapidly from its Fountain the Heart, to preserve, nourish and enliven all Parts of the Body, and from thence back to its Source, to be repaired and receive new Vigour; so long shall the Name of the great *Harvey* be admired by all Posterity.— Since I have mentioned the *English* Physicians, it were a barbarous Ingratitude to pass over in Silence the admirable *Sydenham*, that accurate, that faithful Observer of Nature! He was carefully exact to remark the minutest Circumstances about his Patient; cautious and prudent in weighing and considering them; wonderfully Sagacious in applying the proper Remedies; and surprisingly Faithful and Candid in all his Relations; being entirely above seeking for Reputation, by impertinent Exaggerations of his Cures, or imposing on us Accounts where the Truth was concealed, or Falshoods asserted. To whom do we owe, that we are enriched with many just Observations made in our own Climate, upon Diseases, especially the acute ones? To *Sydenham*. To whom do we owe, that it is in the Power of Medicine

cine to put a Stop to the terrible Havock commonly made by the *Small Pox* ? To *Sydenham*. To whom do we owe, that we can truly boast, that the World has produced one exquisitely good practical Physician, since the Time of the *Græcian Schools*, and of *Hippocrates* ? To *Sydenham*. For ever dear shall his Writings be to Physicians, while they have the Good of Mankind in their View ; and to all those who make Conscience of their Profession, and do not debase it into a scandalous Trade. — And even our own Times have produced Men equal to the Dignity of their Profession : The laborious Searches made into the *Greek* and *Arabian*, as well as modern Physicians, by the late eminent Doctor *Friend*, make his Works a lasting Monument of the Learning of the present Age. Others I forbear to name.

If then we have Universities famous for Learning ; if the Men educated in them have made a very considerable Figure in their different Faculties ; it must certainly at first View appear very strange to alledge, that there is the least Deficiency in their Method. Yet as it is an incontestable Matter of Fact, that there is no regular System of Physick taught in either of them, I hope the introducing it can in no wise be taken amiss by them, if it is a Thing useful and reasonable, which I have endeavoured already to shew. The Professors are only obliged to

read

read some few publick Lectures: These certainly serve very well to shew the Learning of the Professor, but cannot so much as be imagined sufficient for the Instruction of young Students; because, though one were to spend his Life-time in attending such, he never could hear the whole System finished. Besides, as the Professor chooses indifferently what Subject to treat of, it is more than probable, that it is something not to be understood by a Beginner, who has not heard the first Rudiments of the Art explained: And really those Discourses are rather designed for the Learned, than for other People. The Method of the Universities is extremely good in other Parts of Learning, where the Fellows of Colleges take private Pupils: But this Conveniency is entirely wanting in the Physick Way; no Physician there taking upon him the Burthen of giving a Course of private Instructions. It need not be answered, that there are enough very well qualified there, to give Directions what Books to read; since indeed I flatter my self that I have already proved, that the Reading of Books, without other Helps, is a very tiresome, as well as uncertain Way, to attain to a proper Knowledge in that Science. Nor will it be to any Purpose, to insist upon the Conveniency that the Students have in the University Towns, of seeing the Apothecaries Files full of the Prescriptions of the best

Physicians, since there is nothing to be got that Way, without being thoroughly acquainted with the Circumstances of the Disease ; and that even the Physician himself, much less the Apothecary, is not able to make a young Student perfectly so, I believe is very evident. Besides, Books may be read, and Physicians Bills seen, in many other Places, as well as the Universities, and that makes it but a poor Complement to those famous Seminaries of Learning, to say that the same may be done there. It may be very reasonably ask'd, how it happens that such eminent Men come Daily from those Universities, if there is such a Defect in the Method of their Education ? I answer, that such as make a great Figure, have either prosecuted their Studies abroad, in the Manner I would willingly introduce at home ; or they have found the Difficulties I mentioned above, in acquiring their Knowledge, and with infinite Labour and loss of Time, surmounted them. Now I never asserted, that it was absolutely impossible for one to become a Physician without a regular Teacher : All I endeavoured to prove, was, that it could be done with very great Difficulty ; and I may further affirm, that there are very few Genius's capable of doing it, and it is well known what Multitudes take upon them the Management of Diseases, to the great Destruction of Humane Kind. Surely, if the necessary Knowledge

ledge in Physick (which is an Art much practised, though I am afraid but little understood) can be attained in a more easy and certain Manner, it must be agreeable to the World to have it put upon such a Footing.

I must again beg, not to be understood to mean any thing amiss, with regard to the two Universities: I am very sensible of the Advantages those have had, who have applied themselves well there, and of the excellent Opportunities that there are there, of becoming Master of all that Learning, which is absolutely necessary as a Foundation for any Science, especially ours. I heartily wish, that all who commence Students in Medicine, would bring along with them, from so very good Fountains, that Knowledge which is requisite for them of the learned Languages of Mathematicks, and of Philosophy, particularly that which is called Natural: And then indeed they would do Honour to their Mother University, as well as to their particular Faculty. There is one Thing which I cannot omit mentioning to the Honour of the *English* Universities, and that is the great Care they take how they confer their Degrees. With them no one is entitled to any Degree, without having been a very considerable Time in the University; and it is scandalous, that other Universities give their highest Honours to the first Comer,

which has made the Name of *Doctor* so common, that it has become burthensome to some who have it ; and no Wonder, considering the base Prostitution of the Dignity and Title.

I come next to consider, how far the Lectures established in *London* interfere with my Proposal ; and really I conceive that they do not at all : For those in the Physicians College are very few, and rather seem to be intended, that some certain Part of Physick should be nicely enquired into, and improved, than that Learners should be instructed. As to the Lectures in *Gresham-College*, they labour under the same Inconveniencies with the publick Ones in the Universities, being no more than a few publick Discourses on Subjects chosen at Pleasure. And as no Professor there has undertaken to teach a compleat System, surely another may.

As to the Care that is taken to instruct young Physicians, by shewing them a Method of Practice in the Hospitals, it is certainly much to be approved of, provided they bring along with them a competent previous Knowledge ; but indeed without this, their attending there is of little Use ; for the Number of Sick may well confound the Notions of such, but never improve them. Truly the Observations which one already instructed, may make in an Hospital, may be of infinite Service ; as they may serve

to demonstrate the Truth of what he has before learned, and give a Facility of applying what he has read to the particular Circumstances of a Patient. It really were to be wished, that all Practitioners spent some Time in such Houses, before they ventured abroad into the World, to set up for general Practice. But I believe it is needless for me to insist, that the System of Physick should first be understood, after what is advanced above, and since it seems to be generally acknowledged by the Physicians of our Hospitals, who choose to admit none to see their Practice, but who have some Standing in a Home University, or have actually taken their Doctor's Degree abroad.

As to any other Assstances that are to be had from Courses of Anatomy, Botany, and Chemistry, they certainly are very proper as an Introduction to Physick: I heartily wish the Study of all these were put upon a better Footing, and more encouraged; but as I have not the Consideration of those Branches of the Science in my present View, I choose to say no more of them.

As to the particular Objections, which I understand have been made against my self, I could gladly have wished not to have been obliged to take Notice of them; for a Man makes but an indifferent Advocate in his own Personal Cause: But as they have been made use of against me, I am put under a Necessi-

ty of saying something. As to my being a Stranger, they who made use of that Argument not seeming to know any thing of the present Constitution of the Kingdom, I leave them to their own Way of Reasoning. As to my not being a Member of the College, I shall take Care to remove that Objection, by endeavouring to become one, as soon as I am satisfied that it is proper for me to make a long Stay here ; and the Gentlemen of that Body have never pressed any one to be of their Number sooner. But the Objection against me, as to Teaching, was ill founded ; for the College as well here, as at *Edinburgh*, where I am a Member, is only design'd to take Care of the Practice of Physick ; and they have, by their Charter, nothing to do with the Teaching of it, nor can they confer a Power to teach ; that only belongs to the Universities, who when they confer the Degree of Doctor, confer the Power of Teaching all Parts of the Science. Now as I had my foreign Degree confirmed several Years ago, by a very good University within the Kingdom, I believe there is no regular Exception against me upon that Head.

As to the Affair of Youth, and want of Experience, I have only this to observe, that as teaching of Physick was a Province entirely neglected by others, I might at least be allowed to do better, than if nothing was done

done at all in that Way: Things must have a Beginning, and People seldom attempt any thing of this Nature, if they do not begin pretty early. I heartily wish some one more qualified would undertake the Task: But as that is not to be expected from any Physician of long Standing, and much Practice, I cannot imagine what Reason can be alledged against a younger one's making an Essay of it. Besides, it was not a Course of my own inventing that I pretended to give; I propos'd to follow the Footsteps of a Man deservedly famous through all the knowing World; and as well as I could to deliver what I had been taught by him my self, with perhaps some small Variation. Neither was I entirely a Novice in that Matter: I had, before I attempted it at *London*, been for three Years publickly Teaching, in a Place where, though Physick has no settled Establishment for a Professor, yet it is much studied and well understood; and where I was perhaps more followed than I could pretend to deserve, seeing that there were others very well qualified, and of equal Standing, teaching in the same Manner with my self.

To conclude this Particular; I have made an Attempt to do what Good I could, by endeavouring to explain a very valuable and useful Branch of Science, in a Nation where no other Person had attempted the same; and surely

surely none will think it a wrong Undertaking in me, until some other more accomplished perform it better. Neither do I perfectly know how many Years are requisite to take off the Imputation of Youth from a Physician ; only this I am sure of, I have known the Practice of Physick longer than several, against whom that Objection has ceased to be made ; but that is an Inconveniency which it seems must be submitted to at any Time, by such as change their Situation of Life ; and this last Circumstance is, perhaps, the most blameable Part of my Conduct ; but I will not disguise the Reason of it : It proceeded from an Ambition to better my Fortune in the World, which if it is pursued by lawful and fair Means, no Man ought to be condemned for.

Having endeavoured, so far as I am able, to remove the chief Objections to my Undertaking, I proceed to give some farther Account of it : I proposed to teach not only the Institutions, but also the Practice of Physick, as may be seen in my printed Proposals.

The Institutions consider first the Parts and Fabrick of the Humane Body, and explain the Function and Use of every different Part. Here we examine on what Circumstances of the Body Life depends, and in what the Life of each Part consists ; as also what Conditions are requisite for a perfect State

State of Health, and what Effects follow from those Conditions.

The Method in which I proposed to go through this, and the other Parts of the Institutions, was to follow the admirable and indefatigable *Boerhaave*; who, after giving, by Way of Introduction, a short Account of the History of Physick, from its Origine to the present Time, and then explaining the Principles, upon which the Science depends; proceeds to give an Account of the Functions of the Humane Body, whether Vital, Natural, or Animal; where, beginning with an Explanation of the Nature of our Food, he goes on to examine all the Changes it undergoes in the Body, until it becomes Part of it; and treats of the Action and Use of every individual Part. This is certainly the best Method to become acquainted with the Nature of the Body, in such a Manner as that our Knowledge may become useful in Practice.

As the Humane Body is the Subject upon which a Physician is to work, the Knowledge of it is indispensably necessary. Now it is obvious to every one, that a competent Knowledge of Anatomy (which is an artificial Dissection of the Humane Body, so as that its Structure may be examined) is proper to be acquired, by such as intend to study Physick: I therefore wish that they all would endeavour to make themselves tolerably

rably acquainted with that Study (which is best done by attending Dissections, and working with one's own Hand) before they go any farther: But as the same Number of Bodies to work upon cannot so easily be had in this Country as in some others, and consequently Anatomy cannot be so perfectly attained in that Manner; I have taken Care to supply it as well as I could, by shewing the Structure of the Parts from the most exact Figures, as those of *Eustachius*, *Vesalius*, *Malpighius*, *Ruyſch*, *Cowper*, *Morgagni*, &c. Which Method has this Advantage, that it makes the Descriptions much more easily understood, than a bare Discourse; especially to those, who perhaps have not seen much of the Things themselves. The Descriptions, as I have always had the above-mentioned Author in View, are accurately collected from the best Writers in Anatomy; the Reasonings upon their Uses, I have endeavoured, after him, to found upon the best and purest Philosophy, admitting nothing as *data*, but undoubted Facts, and reasoning cautiously from them. The Method in which all is connected, is the best that can possibly be thought of, for it is obvious, that never any Professor had so clear and distinct a Way of putting Things in a good Order as *Boerhaave*: And if his Books are not very intelligible, it is for this Reason, that perhaps some who read them, are not sufficiently Masters

Masters of the Subject which they treat of, and that with Regard to others, they were only designed by the Author as Heads to discourse upon ; for the Explanation of his two small Books makes the whole of his two private Colleges. I believe it may truly be affirmed, that any one who is perfectly Master of the physiological Part of the Institutions of *Boerhaave*, is well acquainted with almost all the real Discoveries in the Anatomy of the inward Parts, the Consideration of which is a Physician's proper Business ; and with the true Use of those Parts, so far as that can be deduced from what is yet discovered : For that Book is the Product of great Reading and prodigious Judgement. To make it, at least the Subjects treated of in it, as intelligible as possible, was what according to my Proposal I endeavoured ; but I did not propose to read the Book as a Text (though I was to follow the Method of it, and keep it in View) for these Reasons. I was to teach in *English*, and that Book would not well bear to be translated. Every Man understands his own Notions best, and therefore likes to be left at Liberty to speak after what Manner he pleases. This was a Reason given by the same great Man, for the publishing a Text for himself, rather than taking that of any other Person. Besides, every Man must think a little for himself, and perhaps in some few Particulars I might chance

to differ from him, although those who have heard me know how seldom, and with what Caution I presume to do it.

Anatomists in several Parts of *Europe* are constantly working, and a few later Discoveries than are to be met with in the Writings of those Authors his Book refers to, may now and then appear. Perhaps *Lower* has not given us a perfect Description of the muscular Fibres of the Heart; nor *Willis* of those of the Stomach and Intestines. *Leal Lealis* is confessedly wrong in his Description of the spermatick Vessels, and so of some others. Nor can I agree to every particular Use that is assigned to some Parts; as for Example, I believe the internal and external intercostal Muscles are Antagonists to one another, which I think I am able to demonstrate. This Fact with some others, overturns the whole System of the Theory of Respiration. I had formerly some publick Lectures upon that Subject, and shall take Care some time or other to lay an Abstract of them before the *Royal Society*: But because I encline to lay nothing before that learned Body but what is as perfect as I am able to make it; and as there have been some late Experiments made on the Subject of Respiration, I choose to delay it for some Time.

I cannot leave this Particular without making a publick Acknowledgement of the Obligations I owe to my very good Friend, the ingenious

ingenious Doctor *George Martin* of St. *Andrew's*, with whom I was once so happy as to be joined in the Profession of *Physick*. Without designing him a Complement, which I believe he knows me too well to expect from me, I cannot on the present Occasion get over declaring my Opinion, that there is not in *Europe* any one better qualified to improve the Theory of Medicine. He is not only surprisingly Master of all the Reading that is necessary in Anatomy, in the mechanical Philosophy, and the Mathematicks ; but bless'd with a very happy and quick Genius, able to penetrate into the innermost Recesses, and smallest *minutiae* of the Animal Oeconomy, as well as a dextrous Hand in dissecting and exquisite Judgement : Pity it is that he now no more sits in a publick Chair ; but I know well that the Time he spends in private will not be lost to the World. To him I owe for the most part, any Additions I am able to make to the Knowledge of the true Use of the Parts ; and that perhaps I am able to demonstrate the Uses of all of them, in a Manner not much inferior to others in several Parts of *Europe*.

As the Physiology or Doctrine of the Use of the Parts, is very material to be well understood, the most Part of the Course of Institutions is taken up with that. The other Parts are explained in some Measure, but left to be more fully illustrated in the practical Course.

In the second Part of the Institutions we consider how any of the Functions come to be disturbed, that is, what Diseases really are in their Nature ; what Difference there is in one Disease from another ; what the Causes of them are ; and what the Effects : Thus a general Notion of Diseases and their Symptoms is given, but the particular History of the Course each Disease takes in its Progress, and its various Circumstances, are left to be considered in the Practice.

The third Part treats of the Signs, or those Appearances by which we judge of the past, present, or future Condition of the Body ; so as to be able to know what has been the Cause of a Disease, what that Cause has already produced, and what is like to be the Event of it. Here the Signs which in general shew the Condition of the Body, and discover it either to be in Health or Sickness, and in what Degree, are examined ; but without applying those to every particular Distemper.

The fourth Part teaches what the Remedies are, that are fit for the Preservation of Life and Health ; or the Means by which a good State of Health once attained, may be continued. As this Part belongs entirely to the Institutions, so the Rules for the Preservation of Health, and the proper Methods for procuring a long Enjoyment of Life, are here carefully explained.

The

The last Part teaches how Health is to be restored when decayed, or Diseases removed after they have happened, giving an Account of the Diet, the Medicines and the Operations that are required in each of them, together with the Method of Cure. Here the general Intentions of Cure are explained, as Diseases affect either the solid or fluid Parts of the Body, separately or together: And an Account is given of all the Medicines we use in Physick, with the Reasons that either indicate or forbid them.

The Explication of these five Parts of the Institutions in the Manner I have related, makes up what is commonly called the Course of Theory of Medicine, and indeed is absolutely necessary to all who would proceed farther, and study how to practise that noble Art.

I know it is commonly objected, and has been so for a very long Time, that Theoretical Doctors are often very bad Practitioners; nay, vast Volumes can be produced to prove, that those who have written elaborately upon the Theory, have laid it all aside, not making the least Use of it when they come to treat of Practice. Does not this then give up the Cause to the *Empiricks*? (I do not mean by the Word a *Quack*, as is now the common Acceptation of it in *English*, but one who practises entirely from Experience without reasoning, as it really signifies among Physicians) Truly it does not: It only infers,

infers, that Theory ought to be kept within due Bounds, which too often is not the Case. **Galen**, who was extreamly fond of what he could borrow from the *Peripateticks*, introduced his Elements ; his cardinal Qualities with their Degrees ; and applying all these to the Humours of the Humane Body, and to Medicines, was Author of a short, but false Foundation for Physick. Others have since his Time been so pleased with some Discoveries in Chemistry, that they have planted their *Acids* and *Alcalis* where they pleased in the Body, and turned the whole animal Machine into an Elaboratory. Nay, the Invention of Gun-Powder has furnished us with Sulphur and Nitre, making Explosions in every Part of our Fabrick. These and many like Follies, are owing to the too great Eagerness of Mankind to make every thing perfect ; and if they can but imagine a certain Way, how, according to their Fancy, such and such Phænomena may be produced, they often, without examining farther, determine that they are produced so ; and then it is no Wonder, if all practical Rules deduced from such false Principles should be pernicious ; and that those who entirely depend on Experience, should do much better in the Cure of Diseases, than those pretended Philosophers. Yet undoubtedly the true Theory is necessary to be known ; no Man, for Example, practises the worse for being informed

informed of the Manner of the Blood's circulating through the *Viscera* of the lower Belly ; and of its passing through the Liver ; and of the Manner how the Bile is secreted from it, and sent into the Intestines. One who understands these Things, must be able to see into the immediate Cause of many Symptoms of Diseases. Let us suppose some Obstruction to happen in the Biliary Ducts ; it is evident from the Structure of the Parts, and natural Course of the Fluids, that in this Case the Bile must be thrown back on the Mass of Blood, and tinge it Yellow : Does not this explain one Species of a *Jaundice* ? Now certainly one who knows the Necessity of such an Effect following from such a Cause, will be able better to judge of the particular Cause of what Disorder he sees in his Patient, and of a proper Method of removing it, than another entirely ignorant of these Matters. But in all our Theory, nothing should be supposed that is not evidently Fact ; and our Reasonings ought to be of the strictest Nature, otherwise we are led into an endless Maze of Error. Neither to own a Truth which no knowing and candid Person doubts of, is the Connection very obvious, even to the Learned, between the Nature of the Humane Body, and many Medicines we apply to it : Therefore a strict Regard ought always to be had to what has been practised before, lest we should chance

to go wrong, when our Reasoning upon the Animal Æconomy is our only Guide ; though no doubt, from that Knowledge some good Directions in doubtful Cases may be had ; Experience then must always be a Check upon our Reasoning, and as well as the Theory, the Practice of Physick must be well studied.

The Practice of Physick is that which teaches us how to discover a Disease, when it is present in a sick Person, and how to cure it after we have discovered it. It is obvious to every one, that to be Master of this Art, must require a very great Knowledge of all the different Appearances of Distempers, and of the Cures that have been applied to them. To make a Collection of this Knowledge, has long been the Business of the World, which at first, indeed, increased by very slow Degrees : Several Medicines were discovered only by Chance ; or even by applying to the Humane Body, what was seen to happen to Brutes ; or perhaps, by making several random Experiments, which the Mind, if ignorant of other Methods, will naturally encline to do, when the Body is in Pain ; and there is sometimes observed, although impossible to be explained, a natural Instinct in Men as well as Brutes, which leads them, when out of Order, to seek Relief from some certain Application, and probably this Way some Remedies

dies might at first be discovered. By these Means, Medicines for the Cure of some Diseases, were in the earliest Times found out; and great Care was taken to preserve the Memory, and spread the Knowledge of them. The *Babylonians* and *Ægyptians* carried their sick People to the Streets, and obliged every one who pass'd by, to declare if he knew any thing proper in that Distemper. Afterwards the Walls and Pillars of Temples, in many Places, were filled with Accounts of Diseases, of Cures and their Success. Then Men began to apply themselves in Particular to the Profession: Some taking for their Province the Diseases of one Part of the Body; others, those of another. Now Reason was called in to the Aid of Experience, Schools or Societies were erected in *Greece*, for the Improvement of the Art; and many Families made it their Business to transmit their Knowledge in Medicine, from one Generation to another. By the Industry of those Men, a great Number of Observations, on all Distempers incident to the Humane Body, was collected, and those Observations not cursorily made; for either the Physicians or their Seryants, who were instructed what to do, attended close on the Patient, through the whole Course of his Distemper; and so nothing could escape their Notice.

Hippocrates was not only born of a medical Family, and so initiated early into the Secrets of the Art ; but was also Master of the Philosophy of his Time, which was indeed much better than it came to be afterwards. From him we have handed down the Knowledge of his Ancestors, and the Wisdom of the *Coan* School (the most famous of all) enriched with his own Observations, and those of the Practitioners of his Days. Since then our Predecessors set us so very good an Example, it is much to be regretted, that Physicians of later Times have not followed their Footsteps, and improved the History of Diseases ; especially since we now have a much better Notion of the Nature of the Humane Body than the Antients had : But indeed that Knowledge, which if rightly managed, ought to improve the Art exceedingly, has, I very much fear, been a Hindrance to it ; in so far as it has with many been the Cause of their entirely leaving off to make Observations, resting satisfied with what imaginary Knowledge of Diseases and Cures, they thought they could deduce from Reasoning about the animal Oeconomy, and about Medicines : But how small that Knowledge is, they only know, who are well versed both in the Theory and Practice of Physick : And none can deny, that the practical Part has been but little improved since the Time of the antient Greeks.

Greeks. Some new Diseases indeed we have described by the Moderns, but all their Labour is but small, compared with that of Antiquity, and considering how many Centuries have passed, that we have but little to boast of. However, it is necessary, that if any one would now practise Physick, he should be acquainted with all the Observations on Diseases left us, both by the Antients and Moderns. To deliver a compleat Body of the Histories both of Diseases and Cures, upon that Foundation, is the Business of a practical Course of Medicine; and this was what I proposed to do, and indeed it may seem a bold Undertaking: I will readily grant, that without some extraordinary Assistance, I had been unable to perform it; for my Years have not been sufficient for all the Reading necessary to make such a Collection as is proper in this Case; nor my Experience long enough to have let me see the Truth of all I might chance to be obliged to deliver from others, on many Occasions. But indeed the Business of a Professor of Physick, is now made much easier than it was, although still abundantly difficult; for we are now furnished with an admirable Abridgement of all that is good in the Science. Those who have searched into the Writings of the Antients, and are not ignorant of what the Moderns have done (to use that great Man's own Words) will al-

ways see what is performed in the practical Aphorisms of *Boerhaave* : To such only he justly appeals, as proper Judges, and very foolish it is, that any others should pretend to open their Mouths upon the Subject. With wonderful Judgement he ranges Distempers in their proper Order, beginning with those that can be most easily understood, and proceeding to the more intricate. First we have explained the simplest of all ; then all those of the external Parts, the Nature of which, by the Situation of them, comes to be most obvious to our Senses : Then are we shewn, that what happens on the outside of the Body, frequently occurs within ; and from this the most Part of internal Diseases arise. His great Care is always, that no imaginary or unintelligible Notion, should impose upon us about a Disease, which has too long been the Way in Phy-sick ; but that we should have a perfect and distinct Idea of what the actual Condition of the Body, or such a Part of it is, when such or such Disorders appear. In going through the whole Round of Diseases, he is most exact in his Descriptions ; punctually careful in relating the Causes, and explaining the Effects ; dextrous in directing how to form an Opinion of the Distemper, and wonderfully prudent in laying down a Method of Cure. Truly, his Reasonings are so good, and at the same Time so plain, that as he goes

goes on, no one that understands him can doubt of the Truth of all that is advanced. Such an accurate Chain of Argument runs through the Whole, that what was before mysterious, becomes easy and intelligible, and all seems the Product of the profoundest Judgement. But lest any Suspicion should lurk, of Things being advanced from Reasoning otherwise than they really happen ; take his Book in another View, and it is mostly a Collection of Facts : The *Græcian* Spirit breathes through the Work, and the divine old Man speaks almost in every Paragraph : The Writings of *Sydenham* are at Hand, to confirm in modern Times the Truth of what he relates ; and daily Experience lays it open to the View of every one who follows Nature in his Practice, and does not obscure the Appearances of Distempers, and hinder their Cure, by an impertinent and officious Medling. No more now does the Complaint subsist, that the Theory and Practice of Physick have no Relation to one another : No, the Theory is so limited, as to go Hand in Hand with the Observation of Nature ; and that this is evidently made appear, is owing to the vast Penetration, distinct Reasoning, and indefatigable Industry of the never enough to be admired *Boerhaave*. He alone was able to examine all that has been written concerning Physick, by the good Authors of all Countries,

Countries, and of all Ages ; and to reduce what they have written, to the finest Method that ever Science was digested into. His practical Aphorisms contain all the Truths that Physicians know concerning Diseases : But as that Book was only designed as Heads of a practical Course, for his own Students, or for the Perusal of those who are very learned in the Profession, it can be of small Use to others without an Interpreter. To illustrate the Practice of Physick in his Manner, and follow the same Method he does, was what I undertook ; neither did I begin it at first, much less in this Place, 'till reading and comparing of Books, and some Years Practice, as well as the Nature of the Things themselves had satisfied me of the Truth of what I had learned from so great a Master. If I have not acquitted my self well, yet that is no Argument against the Thing it self ; which, as I observed before, must be a good Undertaking by me, until some other better qualified attempt it : And I am very confident, that those who did me the Honour to attend me last Year, as they had in *England* no other such Opportunity, will never have Reason to repent their doing so.

I cannot omit to take Notice here of something, which, I am well informed, was objected to my Conduct the last Year ; to wit, that I had propos'd to teach in *English*, and that I had taught sometime in Publick ;

by both which Ways the Mysteries of the Profession were liable to be laid too open, the Honour of it lessened, and the whole exposed to too many People. As to teaching in *English*, I really cannot perceive the Harm of it: Undoubtedly every one chooses both to teach and learn, in a Tongue of which he is most Master; and indeed the *English* Language is very capable of having the most learned Subjects treated in it. One Reason why in some Universities abroad they don't teach in their Mother-Tongue is, that they have a Mixture of several Nations to speak to, and therefore must choose a Language that is universally understood. The *French* treat of medical Things in their native Language, in most Part of their Schools at *Paris*; always so at the *Royal Garden*, and often so at that which is properly called the *School of Medicine*. But in a Word, Phyfick needs no Obscurity of a dead Language to make it valued, since, like all other Things founded upon Truth, the more it is known, the more it is admired. And there is still enough to employ ones whole Time in pursuing the Study, although the Principles of it be made never so easy. Besides, I cannot imagine how any one came to think I had done an irregular Thing by teaching in *English* here; since, not to mention *Gresham-College*, I am even authorized in so doing, by the Example of the *Royal College of Physicians*,

Physicians, who have the most of their few
 publick Lectures in *English*. In short, I can
 make nothing of it, but that People will find
 Fault, for the Sake of doing so ; they may
 go on for me : But if the Gentlemen who
 come to study under my Direction, shall
 choose another Language, I shall return to
 that in which I have been most accustomed
 to deliver my self upon these Subjects ; to
 wit, the *Latin*. As to the other Part of
 the Accusation against me, about Reading
 in publick, I beg Leave to declare my own
 Sentiments of the Thing : True it is, that
 from a publick Lecture, several might hear
 something more concerning the real Affair of
 Physick than they had done before ; but
 these must either have been Practitioners
 (for a great Number practise without a re-
 gular Title to do it) or otherwise : If they
 were Practitioners, I hope they were not the
 worse ; if not, the Thing could only serve
 for an Amusement, for undoubtedly it never
 could make a Practitioner of one that would
 not have been so without it. As to the less-
 ening the Honour of the Profession, or of the
 Professors of it, with some ; I do not think
 that could happen, but the quite contrary.
 For it is notoriously known to us all, that
 none think themselves better accomplished to
 act as Physicians, than some who have not
 the least glimmering Knowledge of the Sci-
 ence : I apprehend, that to open their Eyes
a lit-

a little, and to shew them, that there is something in the Affair which they never dreamt of, is the true Way to make them conceive a better Opinion of their Superiors than they had before, when they imagined them to know no more of the Matter than themselves. It is an easy Thing, upon the Strength of a few Receipts, for one to sleep himself into an Imagination, that he practises as well as the best Physician in the World ; and if he once think so, there is no undceiving him, but by giving him an Opportunity to know, that a true Physician's Practice does not at all depend upon such a Foundation, but is the Result of much Knowledge and sound Judgement. If one knows nothing of a Science, he often thinks there is nothing in it ; if he learns a little of it, he then begins to have a Value for those that know more. One then that has the Learning necessary to maintain the Dignity of the Profession, can never be alarmed at Part of the Knowledge of it becoming a little publick ; for by that Means his Qualifications will be more known and esteemed. But as it is unlucky, that a Complaint has subsisted ever since the Days of *Hippocrates*, that there are many nominal Physicians, but few real ones : If any such have in our Days (as I hope they have not) somehow or other, obtained Privileges, which out of Conscience and Humanity they ought

not to exercise, I will not indeed answer, but that they may be more readily discovered by some whom they may imagine their Inferiors; but I shall never think it an Injury done to the World, to be Assistant in pulling off the Mask of such Impostors; who are, to use the Words of the *Divine old Man*, a Sort of Comedians, who represent Personages quite different from what they really are; and to the Ignorance of whom it is owing, that the noblest of all Arts is thought by some, who judge rashly, to be the least. But to put an End to this Matter, I thought it absolutely necessary at my first Appearance here, to begin with something in publick, that Physicians and others might judge, whether it was proper to promote my Design in private; and I really look'd upon that as one Way to shew the World I designed no Imposition upon them. I know it is not always Peoples Way to examine Things before they judge of them; but I could not satisfy myself as to any Intention of mine, without putting it in their Power to examine if they pleased, whether they did or not, they know best themselves. I have for once gone through the Task I proposed, of giving a private Course here, and will again, if I meet with Encouragement. I cannot possibly abridge the Time I took to finish it; for my Design never was to make a Parcel of sham Lectures, but really

really to illustrate the whole Affair of Medicine as well as I could; and to do that, a good deal of Time is requisite; six Months is the shortest I can possibly propose. I know it has also been said, that even having a private Course here, will give too easy an Admission to some who are not of the Faculty; to understand all our Affairs; and that as they practise with much Assurance at present, they will do it with more afterwards. Truly, I believe, there can be no Reason assigned, why any Person whatever, who shall make such a Use of the Course as to make it a Foundation for accomplishing himself truly in Physick, may not be admitted into the Faculty, and so practise with the same Freedom as the rest. And as for others, who ever observes how Matters go, will not believe that they will practise with more Assurance, or in any wise more than they do at present. I hope I have made it appear, that one reasonable Effect that may be expected as to them is, that they will think better of the Faculty than perhaps they now do. Really we see, that in Places where Physick has been regularly taught for a long Time, the three Branches of it, as it is now divided, are kept much more distinct than any where in *Great Britain*; for we know very well here, that the Gentlemen of one of the Branches have swallowed up a great Part of the Whole: And indeed, I believe,

none need be in the least apprehensive, that any Accident can throw a little more Knowledge in their Way; for they seem so very well satisfied with their present Abilities, that it is not to be expected they will be at much Trouble to add any thing to them. So truly I imagine it will be found, that only the young Students who design to become Physicians, or but few others will be at Pains to attend the Course; unless some of the young Surgeons should happen to think it necessary for them, to endeavour to know a little more of their Business than to be meer Operators: And indeed as they regularly are the Persons who ought to treat the external Diseases of the Body, it is very proper that they should have a perfect good Notion of them. Now the Affair of external Diseases takes up a great Part of the Practical Course, which includes a compleat System of Surgery, which is the only right Introduction to the Practice of Physick: For, as I have before asserted, the internal Distempers are but just such Things within, as the others are upon the outside of the Body: As for Example, one who understands thoroughly an Inflammation, can with very little Difficulty conceive perfectly well the Nature of a *Pleurisy*, which is no more than an Inflammation of a certain internal Part. I know well that Things not having been considered in this simple Manner, has made

the Notion of Diseases very perplexed ; but to remove all sort of Obscurity, shall be my earnest Endeavour : And to do it, it is absolutely necessary to explain the Diseases of both the outward and inward Parts of the Body, and to shew the Connection between them ; and by whatever Help I am able to give to those who are to treat either the one or other Class of them, I shall think my self so far useful to the Publick.

Having now given some Account of my Design, and I hope shewn, that it is not only the Theory, but also the Practice of Physick, that is to be learned in a College, I proceed to the last Thing I propos'd, that is, to point out some Advantages of my Undertaking.

And *First*, it is evident, that if a Profession of Physick is settled here, it will in Time save a good deal of Money, that is yearly carried out of the Nation to foreign Universities ; and although some young Gentlemen of ample Fortunes may happen to like a little travelling, much better than staying at Home ; yet surely to put them under a Necessity of doing so for Education, cannot be thought reasonable by any one who regards either the Honour or Interest of his native Country.

Secondly, Some whose Circumstances cannot allow them to be at the Expence of a foreign Education, will have an Opportunity at Home, of becoming well acquainted with

with the Profession they intend to live by. Whence it may be hoped, that they shall be able to avoid many Blunders they might otherwise fall into, to the great Detriment of their Patients.

Thirdly, That Slur will entirely be removed, that in the Nation of the World, where there is most Money given to Physicians, there is the least Care taken of their Education.

Fourthly, All that intend seriously to apply themselves to the Study of Physick, will find it a much easier Task, than the scarcely possible one of learning it by Reading; and will read afterwards to much greater Advantage.

Fifthly, They who intend to practise it without much Study, will be put in a Way of seeing their own Inabilities, and so much oftner have Recourse to good Advice: Besides, what they do practise, will be to much better Purpose than at present; whence it may be expected, that thousands of Lives may be saved. I say, that were the Method of distinguishing Cases in Physick, which we endeavour to teach, but tolerably understood by a Number of those who practise it, Multitudes might be saved who unhappily perish. For Instance, there is, perhaps, not a more sovereign Remedy in the whole *Materia Medica* than the *Peruvian* or *Jesuites* Bark: This we know certainly cures an intermitting

ting *Fever* ; but alas ! it is only a Physician, and a very good one, that can distinguish when an intermitting *Fever* is to be cured. The *Fever* is often a Motion raised in the Body to throw out something noxious ; the *Fever* can be taken away and the Disease left behind. If there is any considerable Obstruction lurking in the Bowels, the bad Consequences of an injudicious Administration of the Bark are well known : How many are left from that Cause to languish under the insupportable Load of a *Dropsy* ? or become a Prey to a *Faundice*, which at length consumes them ? How often from the same Origine arises an inveterate *Scurvey*, yea almost a *Leprosy*, over the whole Body, attended with incurable *Ulcers*, which turns the remaining Part of Life into a miserable Burden ? Well is it for those who have been so used, if a Return of the old Disease, the intermitting *Fever*, which very often happens, puts it again in the Power of a Physician to rectify former Mistakes. But what is still worse, if worse can be, there are other Distempers which are attended with Symptoms very like those of an *Ague* ; such are often mistaken for one, and treated accordingly. Have not the Shiverings which attend a Suppuration of the Lungs, or indeed of any other Part, been often miscalled a Fit of an *Ague* ; and drawn upon the poor Patient, a Load of Bark, which has either

either very soon stifled him, or had some other very bad Effect ? so are the best Medicines often times misapplied and perverted. Such Truths I unwillingly mention, but I do it only with an Intention to rectify Errors ; I wish I could do so, by all the very gross one's which have crept into the Practice of Physick. Were the Science generally understood as it ought to be, those who understand it not, would endeavour to inform themselves ; or for Shame give over the Practice of it, without proper Assistance ; or at least the World would turn too wise to employ them. And surely nothing in our Way could be a greater Satisfaction to the thinking Part of Mankind, than to see the medical Art, valuable as it is in it self, so well understood by all who have any Title to exercise it, that the Practice of it might be wrested from the Hands of impudent Pretenders, who know nothing of the Matter ; and our Streets and News-papers freed from the insupportable Load of printed Directions for the unhappy Vulgar, how to impose upon themselves, inviting them to trust to a Set of Monsters, who, to the Destruction of Humane Kind, have for many Ages been promising, without ever being fairly detected in the least Performance.

That all the Advantages I have enumerated, and several others would arise, from a regular Profession of Medicine established here, is

is apparent from the Nature of the thing ; or already sufficiently proved in this Discourse. How far I am to be justified in particular for attempting the Establishment of it, I have before endeavoured to shew ; and how I execute my Design, must be left to the Judgement of others. I shall with all possible Diligence perform my Part ; and I hope, I may in some Measure be able to make the Study of Physick both easy and agreeable to those who shall apply themselves seriously to it. — I hope I shall evidently demonstrate, that there is something good and certain in the Art, so as that none, although endued with a good deal of Wit and Vivacity, need to argue themselves into a Sort of Infidelity in their Profession ; and then only endeavour to keep up the Cheat, by bantering Mankind in a grave Way. — Neither shall we be left to practise, like a Sort of Machines, upon the Strength of a few Receipts, picked up from the Apothecary's Files, and so made the Jest of that Set of Men, who, if this were the Case, would not fail to turn it to our Disadvantage ; and by shewing that they knew before-hand what the Physician was to order, would, amongst their Friends, endeavour to prove his coming useless, unless in so far as it might be necessary for them, that he should bear the Scandal of any Accident.

I hope I shall be able to convince those who are to commence Physicians, that it will be much more for their Honour, and even in the End to their Advantage, to accomplish themselves by Study, so as to be capable to judge of Diseases and cure them, rather than to employ their whole Time in acquiring a certain Method of Chit Chat, and in thrusting themselves forward in the World, by constantly running from one Coffee-house to another.

I believe certainly it will appear, that there is enough in the Study of Medicine it self, to take up their spare Hours ; and therefore that it will be the less necessary for them to enter too far into other polite Studies or Amusements ; and although some of those are very entertaining and agreeable, and therefore commendable ; yet I would gladly have a Physician's greatest Ambition be, to be thought a thorough Master in his own Profession.

There is one Thing I had almost forgot to mention, and that is, I conceive great Hopes, that all Parts both of the Theory and Practice of Physick, shall be so far explained to the Students, that if at the Beginning of their Practice they shall happen to be under a Necessity of writing a Book, with a View to recommend their Abilities, they shall at least know something about the Subject they choose to treat of ; and so not run the

the Hazard of being esteemed ignorant in all Parts of their Profession, as they may be reasonably supposed to be in that, where they produce a Specimen of their Knowledge, in case upon Examination it appears, that they have had no just Notion of the Affair in Hand ; and as little reading of other People's Accounts of it.

I shall earnestly recommend it to all when they come to practise, to consider seriously what the principal Disease is that their Patient labours under ; and not to sacrifice the Cure of that to any Symptom of little Consequence, which perhaps may make the most sensible Uneasiness for a Time. Far be it from any of us to endanger Life, or fix an inveterate Distemper, by endeavouring to relieve from a little present Uneasiness ; although, perhaps, from an Alleviation of that Uneasiness, we may expect some transitory and ill-grounded Reputation for a few Days.

Let our Practice be such, that being conscious what we do, is supported by very good Reasons, and authorized by numerous Experiments, we may be willing to submit it to the Examination of any who are learned in our Profession. This will entirely put us above the Fear, that our Character may possibly run a Risque by our coming into Consultation with any Person whatever, and quite supersede the Necessity of an Attempt to conceal what we have done, by unaccountably

shunning of farther Advice ; and so endeavouring to hide one Error by committing another ; at least we shall always have a better Excuse for our whole Conduct, than to slur it over with a formal and supercilious Grimace in our Deportment, which is looked upon by most, as a Sign of a shallow Understanding, and seldom used, but to cover Ignorance.

To conclude this Essay, Let those who intend to act candidly towards Mankind, and to be initiated into the Mysteries of our sacred Art, for the Welfare of their Neighbour, endeavour early to apply themselves to study the true Principles of it. I am ready for my Part to go along with them, and to point out a Clue to lead them through the various Labyrinths of the Science ; which I hope will in Time be rescued from any Disregard it may have fallen into, and the Knowledge of it appear to be the noblest Accomplishment the Humane Mind is capable of, as well as the Art it self, the greatest Good to Society.

F I N I S.

From my Lodgings in Jermyn-Street,
September 29th, 1729.

I Intend on Monday the third of November next, to begin my private Lectures on the Theory and Practice of Medicine, according to my printed Proposals.

W. G R A E M E.



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